

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Delicate Meats for Spring With a Vitamine Value but No Fats

Kidney, Liver, Hearts, Tripe and Tongue Are as Appetizing as Brains and Sweetbreads

By Virginia Carter Lee

IN THESE days of high meat prices, especially for the choicest cuts, the economical buyer will do well to direct her attention and selection to those portions of the animals that not only furnish very delicious dishes but are also fairly reasonable in price.

Unfortunately, many persons object solely on prejudice to tripe, brains, heart and tongue, and while they will relish a dish of deviled kidneys or the aristocratic creamed sweetbreads they forget that these are as much the "innards" of the animal as the others named.

Shopping for Tidbits

In regard to shopping for these economical tidbits and just what price to pay for them, the housewife will find they are largely governed by the law of supply and demand. Sweetbreads and kidneys can be obtained at all the better class butcher shops where their class of customers demand them, and as a rule the price is stable, with slight variations for overhead charges and service. The same grade of shops will also carry calves' liver, which is rated among the spring delicacies. Tripe, heart, brain, calves' and lambs' tongues and sheep and pigs' liver, however, they will tell you they have little call for, and to obtain these some of the smaller shops or market stalls must be visited.

Internal organs of any animal spoil very quickly, and if you are fortunate enough to visit the shop when an animal is being cut up the butcher will generally be glad to let you purchase them at a very reasonable figure. Liver from young beef, lamb and pork is especially good, when carefully cooked, and as it is only about half the price of that from the calf it will be found well worthy of a trial.

Both lamb and calf kidneys are very highly recommended, and although those from mutton are sometimes used they should be first soaked in cold salted water, then parboiled for three minutes, drained and again simmered for ten minutes in fresh water. This removes the "muttony" taste objected to by so many people.

Honeycomb tripe is the best to purchase, and as it is rather tasteless by itself it should be served with a good sauce, cooked with onion as in the Lyonnaise recipe, or fried crisp and brown in a fritter batter.

Special Cooking Suggestions

In the ragout of heart and mushrooms for Tuesday's dinner the remainder of the cooked heart with dressing is cut into cubes and for each small cupful add half a cupful of gently stewed mushroom caps, three-quarters of a cupful of highly seasoned brown sauce and two chopped, cooked slices of bacon. Heat over hot water and serve on crisp toast.

The lambs' kidneys en brochette

are cut in slices, washed in salted water and after draining dusted with salt and paprika. On a steel skewer put alternate slices (doubled in two) of bacon and the kidneys, and when all have been arranged broil over a hot fire, turning frequently. Serve on the skewers and lay on toast squares that have been buttered and sprinkled with parsley.

For the mock patés de foie gras boil two small pig livers in salted water until tender and in another kettle two pigs' tongues. Do this the day before making so that they may be cold. Grind the liver through the meat grinder and work to a paste with a little bacon dripping, adding a quarter of a teaspoonful of cayenne pepper, half a grated nutmeg, a quarter of a teaspoonful of ground cloves, salt to taste, a teaspoonful of Worcestershire sauce, a full teaspoonful of French mustard and a tablespoonful of boiling water in which a minced onion has been steeped to extract the flavor. Pack the paste in small jars, inserting here and there squares, strips and triangles of the cooked tongue.

Estimated Market Bill

Supplies for the week will include at the butcher's one pound and a half of honeycomb tripe at 22 cents a pound, one beef heart (about one pound and a half) for 50 cents, one pound and three-quarters of calves' brains at 40 cents a pound, three pairs of sweetbreads at 60 cents a pair, three lambs' tongues at 10 cents each, three calves' kidneys at 10 cents each, half a pound of beef liver at 40 cents a pound, one marrowbone for 10 cents, one pound and a half of lambs' liver at 35 cents a pound, two pigs' tongues at 12 cents each, one pound of pig's liver at 30 cents a pound, a quarter of a pound of salt pork at 32 cents a pound and half a pound of bacon at 48 cents a pound.

Note that one-third of the whole meat bill is for the three sweetbreads, costing \$1.80, and appearing twice on the menu. The other items are very cheap, though the brains are 40 cents a pound.

At the fish market, one roe shad for \$1, one pound and a half of halibut at 40 cents a pound and twenty oysters at 2 cents each.

Purchase for the dairy supplies two pounds of table butter at 60 cents a pound, one pound of oleo for 38 cents, seven quarts of grade B milk at 15 cents a quart, two half-pints of cream at 26 cents a bottle and twenty-eight eggs at 55 cents a dozen.

Marketing costs for the week for four persons should run at the following approximate prices. No milk is included as a beverage:

Butcher's bill	\$5.62
Fish bill	2.00
Dairy supplies	4.44
Fruits	3.60
Vegetables	3.40
Groceries	6.94
Total	\$26.00

Water-Glass April Eggs to Use in December, When Eggs Are Scarce

MARCH, April and May are the months above all others in which to "put down" the fresh, cheap spring eggs in water-glass for next December's shortage and high prices. Also the eggs now are not subjected to hot weather conditions, which makes them much better subjects for successful preservation.

Inquiries are coming in again, so we repeat the instructions given before, which are based especially on work done at the state experiment station in Alabama and the New York College of Agriculture.

Directions

If the commercial water-glass solution is to be used mix one and one-half quarts with eighteen quarts of pure water; water that has been boiled is preferable. Stir the mixture until the ingredients are thoroughly mixed. A stone jar is the most suitable vessel for the mixture. Two eight-gallon jars are sufficient for thirty dozen eggs, using the amount of solution just prescribed. After the water-glass is thoroughly mixed pour it into the vessels to be used, being sure that the vessels are absolutely clean. Place the eggs in the water-glass, see that those at the top are submerged under at least two inches of the liquid, and cover the jars in order to prevent evaporation. Put

the jars in a cool place where they will be undisturbed during the year.

Strength of Solutions

The water used should be boiled several minutes to thoroughly sterilize it and should be cooled before using.

One gallon of liquid water-glass should be diluted with ten gallons of the sterilized water, or one quart to ten quarts of water, to give the solution the proper strength.

One pound of the dry form thoroughly stirred into two gallons of sterilized water gives the proper strength.

Four pints of the water-glass (preserving strength) will cover one gallon of eggs.

Suggestions

Do not preserve dirty eggs or eggs that have been washed. Washed eggs will not keep, because the protective gelatinous coating has been removed by the washing; and dirty eggs will become tainted in flavor.

Do not use the same liquid preservative more than one year.

In preparing to boil eggs preserved in water-glass prick a small hole through the large end before placing them in the water. The pores of the shell have been sealed by the water-glass solution, and without the pinhole the expanding air within the shell would burst it.



Monday
BREAKFAST
Shirred Eggs
Buttered Toast
LUNCHEON
Lyonnaise Tripe
Baked Potatoes
DINNER
Tomato Bouillon with Noodles
Stuffed Beef Heart
Glazed Sweet Potatoes
String Beans
Apple Tart
Cheese

Tuesday
BREAKFAST
Stewed Rhubarb with Raisins
Uncooked Cereal
Waffles
Cinnamon and Sugar
Coffee
LUNCHEON
Ragout of Heart and Mushrooms on Toast
Watercress
Halved Grapefruit with Cherries
DINNER
Vegetable Soup
Calves' Brain Croquettes with Spinach
Mashed Potatoes
Fresh Tomato Salad
Peach Ice Cream

Wednesday
BREAKFAST
Stewed Dried Apricots
Kidneys and Bacon en Brochette
Popovers
Coffee
LUNCHEON
Potage Fremont
Croquettes
Date Sandwiches
Apple Whip
DINNER
Olive and Cheese Canapés
Broiled Shad
Asparagus
New Potatoes
Strawberry Dumplings

Thursday
BREAKFAST
Cooked Cereal with Strawberry Whip
Broiled Shad
Buttered Toast
Coffee
LUNCHEON
Pickled Lamb Tongues
Potato Salad
Hot Biscuits
Rhubarb Marmalade
DINNER
Oyster Cocktails
Roasted Sweetbreads
Fresh Peas
Potato Puff
Romaine Salad
Canned Cherry Sherbet

Friday
BREAKFAST
Halved Grapefruit
Browned Vegetable Hash
Potato Chips
LUNCHEON
Escalloped Eggs with Cheese
Thin Bread and Butter
Asparagus Salad
DINNER
Boiled Halibut
Hollandaise Sauce
Buttered Beets
New Potatoes
Cucumber Salad
Apple Betty
Hard Sauce

Saturday
BREAKFAST
Orange and Grape Juice
Fish Cakes
Honey Muffins
Coffee
LUNCHEON
Calves' Brains with Black Butter
Potato Chips
Baked Maple Apples
DINNER
Bouillon in Cups
Larded Baked Lambs' Liver
Stuffed Potatoes
Celery Salad
Orange Soufflé

Sunday
BREAKFAST
Spiced Apple Sauce
Hot Deviled Eggs
Radishes
LUNCHEON OR SUPPER
Mock Patés de Foie Gras Sandwiches
Olives
Strawberry Shortcake
DINNER
Fresh Tomato Canapés
Spinach
Ice Cream with Pineapple Sauce

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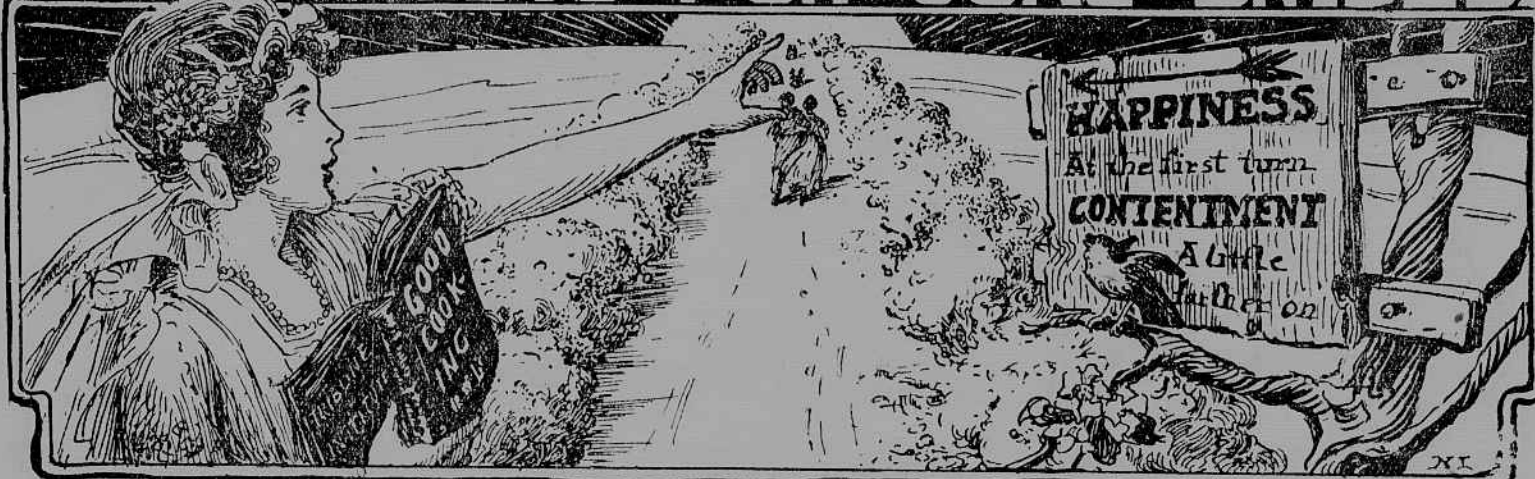
The Humble Liver Comes Into Its Own

"O H, I never eat liver," seems by some to set a hallmark on the aristocracy of their taste and the fineness of their sensibilities. Un-aesthetic science now assures us that all of the organs of the animal (the parts that function, do something for the body) have a vitamine value, whereas the "solid flesh," the storage tissue, so to speak, has practically none.

This shows a sense in matter, a morale, a philosophy and fitness of things that is almost awesome. In the vegetable world, too, it is principally in the living, breathing parts of the plants—the leaves rather than the roots—that these vitalizing food principles are found. And the animal fats possess it where the vegetable fats and oils do not. Though, again, the yellow germ of the corn, the functioning part of the kernel, is said to have some of this protective, vitalizing power.

One must have both imagination and knowledge to feed the family well. Creating meals that are transmuted into sound bodies and a sense of wellbeing and contentment is no routine or sordid task. A. L. P.

GUIDE-POSTS FOR JUNE BRIDES



By Florence Margaret Lee

"A GOOD cook never measures." Ah, but don't they? Perhaps not always by cup and spoon, but they do measure by experience and good judgment, else how would they know when the batter "looks" too thin? So until one has reached that happy stage of the game we had best play safe and stick to the rules. The housekeeper will not be accused of "uneven" results if she relies always on measurements and only modifies her procedure by judgment. Guesswork is never good work.

All modern recipes are given in terms of level measurements. This is necessary to insure accuracy. There are no two materials "cheap" alike and no two people have the same standard for a rounded spoonful. If a set of measuring spoons is not available, then to divide a spoonful divide lengthwise, and to quarter it divide again crosswise. Flour is always measured after sifting, otherwise it will "pack" and in a large recipe you may have as much as a third more than called for.

Weighing is the most accurate and the easiest way to measure, except for small quantities like a spoonful. Therefore, give your scales a prominent place in the kitchen and learn to translate measurements into weights.

The Ways of a Good Mixer There is a way to make batter lump and a way to make them smooth. The latter is to mix all dry ingredients, into them stir part of the milk which has been mixed with the well beaten eggs, then the remainder of the milk, and lastly the melted fat. Beat well.

There is such variety of flours to choose from and so many tempting dishes to be made that there seems little excuse for monotony. First stock up with a good white bread flour. This should be made from hard spring wheat, which contains much gluten, the constituent necessary to entangle the gas and make a light loaf.

Next remember that graham flour

contains all of the wholesome properties of a perfect food, and in the right proportions to build the body. There are also rye, corn meal, oatmeal, buckwheat, rice, etc., to give diversity to the breakfast menu.

"Her Cake Was Dough" Above all things, the bride's cake must not be dough. With so many good leavening agents—baking powder, eggs, sour milk and soda, besides the yeast—waiting for the chance to raise her breads and cakes, why not give them all a turn?

A general rule may be helpful. One to one and one-half teaspoons of baking powder to each cup of flour in quick breads is the average amount; a little more if part of the flour contains bran, or scant if the recipe calls for several eggs.

Sometimes, as in popovers, no leavening agent is used, but long beating incorporates air in the thin batter and the high oven heat causes liquid and air to expand and raise the popovers.

For Popovers 1 cup flour 1 cup milk 1 egg 1 saltspoon salt

Using a Dover egg-beater, beat the unseparated egg until very light. Add alternately (a little at a time) the sifted flour and milk. Continue to beat vigorously with the egg-beater for two minutes. Put one-quarter teaspoon of melted butter in each hot cup, pour each two-thirds full and bake about forty minutes in a hot oven (450 degrees Fahrenheit, reducing to 350 degrees).

Crisp, brown, hollow popovers which will not collapse will be the result.

Six Graham Muffins 1 cup graham (or 3 1/2 teaspoons entire wheat baking powder flour) 1 egg 1 cup white flour 1 1/4 cup milk 2 tablespoons 3 tablespoons of sugar 1/2 teaspoon salt

Mix as directed for quick breads and bake in hot greased pans, preferably

heavy iron ones, for about twenty-five minutes (400 degrees to 450 degrees Fahrenheit).

For variety add to the above one-quarter pound of dates or one-half cup chopped prunes and one-quarter cup of raisins, chopped and seeded.

Note that the commercial "entire" wheat has part of the bran left out, while graham flour has the whole of the wheat kernel in it.

Chapter No. IV On Quick Hot Breads for Breakfast

rated egg very light, add to it the milk, then stir this into the dry materials and the melted butter. Beat the batter well and drop from the end of a spoon (to insure a round cake) onto a hot griddle. Never turn the cakes until the top side is full of bubbles; then turn only once. It will speed up the breakfast to use the self-rising flour, which has mixed with it already the right proportion of baking powder, salt and sometimes skimmed milk. So stir in water or milk, and, voila! the cakes are ready to bake!

Waffles for Three 1 1/2 cupful of 1 teaspoonful of flour. 2 3/4 teaspoonful sired. of baking pow- 1 1/2 cupful of der. milk. 1/2 teaspoonful of 1/2 tablespoonful salt. of melted fat. 1 egg.

Sift together the dry ingredients. To the well beaten egg yolks add the shortening and part of the milk, and mix this with the dry materials. Add remainder of milk and fold in the well beaten whites. Beat well.

The batter should be smooth and about the consistency of thick cream. The waffle irons will take ten or fifteen minutes to heat over the giant burner; reverse once during this time in order to heat both sides. Before cooking the waffle each time grease with a brush or swab dipped in liquid fat. Place a tablespoonful of batter in each compartment, near the center, and close the irons. Bake on one side until the edges begin to color, then turn the irons and remove waffle when both sides are delicately brown.

A sad piece of toast and a poor cup of coffee plus a soggy cereal are enough to ruin any home or lessen any worker's earning capacity. But a creamy, golden cup of fragrant coffee, light biscuits or waffles and a piece of fruit are an inspiration, especially if daintily served. They give a real sense of "wellbeing" that is more than a physical asset, though that is certainly not to be underestimated.

Griddle Cakes for Two 1 cup flour 1/2 cup milk 1 1/2 teaspoonful melted butter 1/2 cup sugar 1/2 teaspoonful salt 1 egg

Sift together after measuring all dry ingredients. Beat the unsepa-

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How to Buy, Keep and Cook the Cheaper Organic Meats Which Have a Special Food Value

THESE cheaper forms of meats which are "light," due largely to the absence of fat—making them suitable for spring consumption—are given quality also by the careful cooking and seasoning suggested in these recipes.

Lyonnaise Tripe

Cut one pound of honeycomb tripe in pieces two inches long by half an inch wide, making about three small cupful. Place in a moderate oven so that the water may be drawn out. Meanwhile cook in two tablespoonsful of bacon fat one small minced onion and half a finely chopped green pepper, and when delicately browned add the tripe, that has been simmered in a little seasoned tomato juice and then carefully drained (simmer about ten minutes). Stir the ingredients rapidly, add salt and celery salt to taste and cook for five minutes longer. Sprinkle in two tablespoonsful of chopped parsley and serve very hot.

Stuffed Beef Heart

Wash a young beef heart and remove all veins, arteries and clotted blood (this is generally done by the butcher). Fill with a highly seasoned bread stuffing and add for two cupful of the dressing half a teaspoonful each of poultry seasoning and sage and a quarter of a pound of peeled, sautéed mushrooms cut in pieces. Sew up the vent securely, sprinkle with seasoned flour and brown over the outside in hot fat. Place in the bottom of a small, deep baking pan a diced onion, half a bay leaf, one peeled carrot cut in strips and a tablespoonful of chopped parsley. Lay the browned heart on the bed of vegetables and pour over just enough strained stock to cover them. Cover the pan closely and bake in a moderate oven for two hours. (This dish can be prepared in the fireless cooker with excellent results.) Baste occasionally while cooking and serve with a vegetable gravy made from the liquor in the pan thickened with browned flour.

Larded Baked Lambs' Liver

Purchase two small lambs' livers from a young animal and, after wiping off with a damp cloth, cover with boiling water and let stand for five minutes. Cool and lard with five strips of bacon or salt pork. Lay in an oiled pan that has been rubbed over with a cut clove of garlic and pour into the pan three-quarters of a cupful of boiling water in which have been dissolved two tablespoonsful of bacon dripping. Cover the pan closely and bake for forty minutes, then uncover and brown. Dust lightly with salt and paprika after the meat has roasted for twenty minutes. Serve with a brown gravy made from the liquor in the pan and flavored with kitchen bouquet and Worcestershire sauce.

Sweetbread and Mushroom Pie

Soak a pair of sweetbreads for an hour in cold water; then drain and simmer in water to cover, with a tablespoonful of vinegar and half a teaspoonful of salt until tender (about twenty minutes). Cut in dice, removing the tubes, skin and bits of fiber. To two small cupful of the sweetbreads add three-quarters of a cupful of lightly sautéed mushrooms cut in bits, one and a half cupful of seasoned cream sauce, one beaten egg yolk, half a teaspoonful of chopped parsley, extra salt and paprika to suit the individual taste and a few grains of mace. Mix well, turn into a buttered baking dish and cover the top with a thin layer of puff paste. Bake in a quick oven until crisp and brown.

Calf's Brain Croquettes

Wash one pound of brains in salted water until they are free from membranous matter and perfectly white. Mash to a paste and add a saltspoonful each of powdered sage, paprika and ground sweet herbs, half a teaspoonful of salt, three tablespoonsful of fine bread crumbs, moistened with three tablespoonsful of hot milk and sufficient beaten egg to form a paste. Chill on the ice, form with floured hands into small croquettes and roll in cracker crumbs. Then dip in beaten egg, again roll in crumbs and by means of a frying basket fry in deep, hot fat to a rich brown. Drain on brown paper and serve around a mound of chopped cooked spinach.

Potage Fremont

This delicious soup owes its flavor to the tripe and liver that enter into its composition. Place in a soup kettle a cracked marrowbone, half a pound of beef liver (cut in dice and covered with hot water

for five minutes) and a scant half pound of tripe, cut in small pieces and sautéed with half a minced onion and two tablespoonsful of chopped green pepper in two tablespoonsful of bacon fat. Add the vegetables with the tripe, cover with two quarts of water and season to taste with celery salt and salt. Bring to the boiling point, skim well and stir in one-quarter of a cupful of washed rice. Simmer gently for two hours, add half a cupful of tomato catsup and cook for five minutes longer. Remove the bone and serve very hot.

Wash the tongues thoroughly and put in a kettle with cold water to cover, with a bay leaf, half an onion stuck with three whole cloves, a few celery tops and a tablespoonful of parsley. Bring slowly to the boiling point and simmer until they are tender. Add salt and paprika to taste after they have cooked for twenty minutes. When cooked, drain, cut away any hard gristle and cool. Place in a clean kettle two cupful of vinegar, half a cupful of water, one tablespoonful of broken stick cinnamon, one teaspoonful of brown sugar, six whole cloves, four blades of mace, six peppercorns, half a teaspoonful of paprika, three-quarters of a teaspoonful of salt and eight whole allspice. Bring to the boiling point, add the cooked tongues and cook in the spiced vinegar for five minutes. Remove from the fire, pour into a bowl and cool.

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